Drive-in for
DOSA
8 AM - 11 AM & 5 PM - 10 PM
HOTEL
SIDDHARTA
NAZARABAD, MYSURU PH: 2522999

STAR OF MYSORE

OUR EVENING DAILY

Vol. 43 No. 267 Pages: 12 Rs. 2.00
Ph: 2496520 / 21 / 23 Fax: 2496530
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MYSURU Monday 23rd November 2020
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Schools & PU Colleges to stay

SHUT

No classes in December; SSLC, II PU exam dates to be announced soon

Bengaluru, Nov.23 (KMS& DM)- It is now certain, Schools and PU Colleges will not re-open in the State in December.

Making an official announcement in this regard at Vidhana Soudha here this morning, Chief Minister B.S. Yediyurappa said that Schools running classes from 1st std. to II PUC will not re-open in December. However, the Government will hold another meeting by December end to take stock of COVID-19 situation and then decide on the date of re-opening.

CM's announcement comes after he held a meeting with some of his Cabinet colleagues this noon to discuss the recommendations of COVID-19 Technical Advisory Committee, headed by Dr. M.K. Sudarshan, which reportedly submitted its report to the Government yesterday.

Prior to the submission of its report, the Committee had held a meeting yesterday (Nov.22), during which it took note of the

CM B.S. Yediyurappa

spike in cases in Delhi, Haryana, Rajasthan and Gujarat. It also pointed out that the cold climate in December and January is conducive to the spread of respiratory infections.

"The State is witnessing a declining trend of COVID caseloads in the past couple of weeks, with around 1,700 cases and 20 deaths being reported daily for the past several days. In such an improving scenario, it is important to consolidate the gains that is made after great efforts in the last eight months to contain the spread of the pandemic," the minutes of the meeting said.

The Committee also noted that Graduate and Post-Graduate Degree Colleges have re-opened from Nov.17 and the attendance has been poor in all Colleges due to various reasons. Besides, Medical, Dental and Paramedical Colleges coming under RGUHS are scheduled to open from Dec.1. The impact of re-opening of these Colleges will be known in the coming days, the Panel observed.

The Chief Minister's meeting was also attended by officials from Education, Social Welfare and Health Departments at Vidhana Soudha this noon. The CM sought inputs on additional precautionary and safety measures that can be taken to ensure the health of the students if and when the Schools re-open.

After the Chief Minister's meeting, Primary and Secondary Education Minister S. Suresh Kumar told pressperson that the tentative dates for SSLC and PUC board exams will be announced shortly.

Degree Colleges will be closed again if COVID cases go up: Dr. Sudhakar

Dharwad, Nov. 23 (SSV)- Health and Medical Education Minister Dr. K. Sudhakar has categorically stated that it will become inevitable to close down all Colleges again in case Corona positive cases go up in the State.

Dr. Sudhakar

It may be mentioned here that the State Government had ordered re-opening of all Colleges from Nov. 17 for final year UG and PG students of both Government and Private Colleges.

Talking to reporters here on Sunday, he said the second wave of COVID-19 has hit Delhi and Ahmedabad in Gujarat. In Karnataka, the Colleges were re-opened after considerable reduction in Corona positive cases. In case of rise in COVID cases again, the Government will order closure of all Colleges again, he added.

"People were under the impression that Corona virus has gone away but the reality is it still exists. They should take all precautions till a suitable vaccine was available in the market.

To Our Readers

*Turn to Page-6 for a new fortnightly column '**Policy, Politics and People — A citizen centric view of Indian politics and policy-making**' by Dr. R. Balasubramaniam, SVYM Founder. —**Ed***

'Students not coming forward for COVID test'

There are over 15,000 final year degree students in Mysuru district out of which only 8,000 students have undergone COVID-19 test which is mandatory to attend regular classes. While the remaining students may have opted for online classes, they have not come forward to undergo COVID-19 test.

—Dr. Md. Shiraz Ahmed, In-charge, COVID-19 RT-PCR Testing

Recurrence of COVID-19 is low if they followed the Government guidelines strictly," he said.

Bullocks burden !

Bullock cart loaded with 14.55 tonnes of sugarcane just to set a record

Mandya, Nov. 23- Aiming to break the record of a bullock cart carrying 12 tonnes of sugarcane, the youths of H. Malligere village in Mandya taluk, loaded 14.55 tonnes (14,550 kg) of sugarcane onto a bullock cart and it was carried for a distance of 3 kms. The video of the event which has now gone viral is being widely criticised.

It is common for the district farmers to use bullock carts to transport sugarcane and normally 5 to 8 tonnes of sugarcane is transported on a cart. But for a while now there has been a competition as to whose cart can carry more weight which has led to a sugarcane loading craze. The new record belongs to Sharat who had purchased a pair of bullocks for Rs. 2.90 lakh recently. The cart was modified with tractor tyres and axles to handle the load.

STAR PUNCH By Satish Acharya

STAR OF MYSORE

"We believe comment is free, but facts are sacred."

Editor: M. GOVINDE GOWDA, M.A.

Mysuru, Monday 23rd November 2020

Probationary Officer posts at SBI: Applications invited

Mysuru, Nov.23- Online applications have been invited from eligible candidates for appointment to Probationary Officer posts in State Bank of India (SBI), through a recruitment test.

The candidates must have passed any degree. Also, those studying in final year or semester can apply. Applicants must be in the age group of 21 to 30 years. However, there is relaxation in upper age limit by 5 years for SC and ST candidates, 3 years for OBC candidates, 15 years for PWD-SC,ST, 13 years for PWD-OBC, 10 years for PWD-GC-EWS and 5 years for ex-servicemen.

Last date for submission of application is Dec. 4.

Application fee: Rs. 750 for GC/EWS/OBC candidates and nil for SC/ST/PWD candidates.

For details, contact Assistant Director, District Employment Exchange, Mysuru or call Ph: 0821-2489972.

Attention pensioners

Mysuru, Nov.23- For all beneficiaries of social security schemes in Mysuru district including those availing widow pension, disability pension, Sandhya Suraksha Scheme, Maitri Scheme, Manaswini Scheme, Senior Citizens Pension Scheme and others, as per the guidelines issued by the Central Government, it is mandatory to submit their Aadhaar number and bank account details to enable direct transfer of benefits.

Out of 3,55,879 beneficiaries in the district, 3,16,153 beneficiaries have already furnished their details and the pension is being debited as per schedule.

Out of 3,16,153 beneficiaries, pension payment has been temporarily withheld for 22,424 beneficiaries of Mysuru city for not providing necessary details.

Such beneficiaries, in case of change in residential address or change in bank accounts due to merger of few banks, have been requested to provide their Aadhaar number and bank account details to the Taluk Office at the earliest, according to a press release from Deputy Commissioner Rohini Sindhuri.

EDITOR'S BOTTOMLINE

DIGITAL NATION: ***In the ongoing pandemic, Mr. Modi's forecast for enhanced adoption of technology in health and education will have resonance, although this was always a priority. In fact, successive Governments failed to grasp the promise of achieving Universal Health Coverage (UHC) by 2022, for which the erstwhile Planning Commission presented a road map a decade ago. Now, the nucleus plan is Ayushman Bharat, with a digital health identity for all. With the emphasis on digitalisation, it should be possible to achieve measurable progress early on at least on one UHC component — access to free, essential prescription drugs. A digital health ID would help prescribe and dispense essential medicines free. The Planning Commission estimated that the public procurement cost for this, in 2011, would be 0.1% to 0.5% of GDP. If this is a medium-term goal, the more immediate task of distributing COVID-19 vaccines looms as a test for the Government. At a broader level, efficient digital Government depends on transforming internal processes, and fixing deadlines for service delivery. The UPA could not see its electronic delivery of services legislation through, and it remains forgotten. If digital has to become a way of life, redefining the labyrinthine functioning of citizen-centric services would be a good place to start, with deadlines for Government Departments.*** — *In The Hindu*

NEWS SPARKLERS

Diwali celebrations end with cow dung battle

Gumatapura: The village of Gummatapura in Thalavadi taluk in Tamil Nadu is famous all over the world for its unique way of ending the annual Diwali celebrations – a massive cow dung battle called "Gorehabba". The day of the cow dung battle begins with the collection of "ammunition" from cow-owning homes in the village of Gummatapura, on the border between the states of Karnataka and Tamil Nadu. The manure is piled onto tractors pulled by cattle adorned with marigold flowers, and brought to a local temple where priests perform a blessing ritual.

The battle is a fierce one, with bits of manure flying all over the place and many believe that simply touching the blessed dung with your hands, you can be cured of all diseases and have a big chance of never getting sick. That's a big deal, especially during a global pandemic.

This heartthrob is a woman cosplaying male characters

Kuala Lumpur: Hakken Ryou is a popular Malaysian cosplayer with over 1.5 million fans on Instagram alone. But has been confusing fans with incredible transformations that constantly put her gender into question. Showing a mastery of makeup and hairstyling, as well as elegant digital editing, the Malaysian cosplayer is able to pull of the look of her chose character almost to perfection. Some of her photos seem literally pulled from the source material that inspired them, so it's no wonder that she has millions of fans around the world.

Most of Hakken's fans know that she is a girl who just happens to be very good at crossing the gender barrier for her cosplay projects, but those who see her work for the first time and find out that she is actually female are genuinely shocked by this revelation.

HEALTH CAPSULE

Drumstick Leaves or Moringa Leaves carry a plethora of health benefits as they are rich source of Vitamin A, Vitamin B6, Vitamin C, Potassium, Calcium, Phosphorus, Magnesium, Folate, etc., Add Drumstick leaves to your daily diet to stay healthy.

By Kavya J - Department of Dietetics & Nutrition

COLUMBIA ASIA

COLUMBIA ASIA HOSPITAL - MYSORE

Health Capsule is not intended to be of a diagnostic nature

COVID-19 UPDATE

Mysuru

Figures as per Government Media Bulletin released last evening

Positive cases yesterday	:	100
Total positive cases	:	50,023
Discharges yesterday	:	107
Total discharges	:	48,351
Deaths yesterday	:	1
Total deaths	:	989
Total active cases	:	683

Mandya

Positive cases yesterday	:	32
Total positive cases	:	18,270
Total discharges	:	17,700
Total deaths	:	146
Total active cases	:	424

Chamarajanagar

Positive cases yesterday	:	16
Total positive cases	:	6,278
Total discharges	:	6,053
Total deaths	:	115
Total active cases	:	99

Kodagu

Positive cases yesterday	:	10
Total positive cases	:	5,214
Total discharges	:	5,075
Total deaths	:	66
Total active cases	:	73

Hassan

Positive cases yesterday	:	44
Total positive cases	:	26,696
Total discharges	:	25,884
Total deaths	:	384
Total active cases	:	428

LAUGHTER THE BEST MEDICINE

Patient: Doctor! You've got to help me! Nobody ever listens to me. No one ever pays any attention to what I have to say. Doctor: Next please...!?

Today's Currency Rate

1 US Dollar	= Rs. 74.19
1 UK Pound	= Rs. 98.80
1 UAE Dirham	= Rs. 20.20
1 Euro	= Rs. 88.09

VOICE OF THE READER

Road safety at stake

Sir,

In a heart-rending incident, very recently, a one-year-old baby girl slipped from her mother's lap when the two-wheeler in which they were travelling was moving over a hump near Mandya and injured grievously. However, she could not sustain the head injuries and died while undergoing treatment at a nearby hospital.

This incident should become a revelation to all elders, who are allowing their children to stand between them or carrying on their laps, while riding the two-wheelers. It also raises the importance of wearing the helmet while on the ride.

In spite of increased penalties, many two-wheeler riders are not bothered to wear the helmet either on city roads or on highways and taking chances with life. By obeying road safety rules like wearing helmets, seat-belts, slowing down while negotiating the humps, not using mobiles while driving, etc., accidents and accident-related injuries or deaths can be avoided or minimised and it helps to save the lives of people.

—Dr. S.V.N. Vijayendra,
Traffic Warden
Roopanagar
20.11.2020

Ramakrishna Vidyashala alumnus awarded
Sword of Honour and President's Gold Medal

Varun Ganapathy

Receiving the honour at Officers Training Academy in Chennai.

Mysuru, Nov.23- Cholanda Varun Ganapathy, an alumnus of Sri Ramakrishna Vidyashala, Mysuru, has been awarded the Sword of Honour and President's Gold Medal after being adjudged the Best All Round Cadet and standing First in Overall Order of Merit respectively at the Passing Out Course (SS-110) held at Officers Training Academy (OTA) in Chennai recently.

He secured AIR 14 (All India Ranking) in the merit list of candidates to secure admission to OTA, Chennai, for Course Serial SSC (NT) - 110. His training commenced in Oct.2019 and on successful completion of training is commissioned as a Lieutenant.

Varun, an alumnus of Bishop Cotton Boys' School, Bengaluru (up to Cl VII/2008), Sri Ramakrishna Vidyashala, Mysuru (PUC/2014) and Sir M. Visvesweraya Institute of Technology, Bengaluru (BE in Mechanical Engineering) had always been focused on joining the Armed Forces. To fulfil this ambition, he appeared for NDA, AFCAT and CDS examinations at various stages clearing these exams seven times. He also appeared in various SSBs, clearing it thrice.

After he secured admission to OTA for Course Serial SSC (NT) – 110, he was also selected for Air Force in Jan. 2020 having cleared AFCAT exam and SSB.

Varun Ganapathy's success must be attributed to his determination and perseverance which was bolstered by his parents and mentors. He relentlessly pursued his dream to join the Armed Forces and went about his preparation in a very methodical manner. He kept himself updated about various entrance exams and the different syllabus for each exam. His preparation included personality development and physical fitness.

He also attended classes at Bangalore School for Civil Services under Dr. Arjun Bopanna for UPSC and KPSC exams. On being selected to join OTA, Chennai in SS-110 course, Varun was appointed as Academy Cadet Adjutant and was awarded Sword of Honour for being Best All Round Cadet and Gold Medal for being First in Order of Merit. He was commissioned into 2 Special Forces on Nov. 21, 2020.

Varun joins the following elite rank of Kodava Officers who topped their courses: Col. Pattada N. Thimmaiah - IMA Sword; Lt. Gen. Pattachervanda C. Thimmaiah - IMA Sword; Sqn. Ldr. Mallengada B. Chittiappa - NDA Gold and Lt. Cdr. Mukkatira Suraj Aiyappa - Naval Academy Sword and Gold.

Varun is the proud son of Cholanda Poovaiah (Superintendent of Police, Lokayukta, Chikkaballapura District) and Dharini Poovaiah (Manavattira, Nelaji), originally from Kalmotte, Virapet, Kodagu.

Appointed as Additional Director of Factories and Boilers

Mysuru, Nov. 23- Karthamada Ganapathy Nanjappa has been appointed as the Additional Director of Factories and Boilers, Department of Factories, Boilers, Industrial Safety and Health, Government of Karnataka.

K.G. Nanjappa

Profile: After studying in Government Primary School, Napoklu, St. Michael's Higher Primary School, Madikeri, Government Junior College, Madikeri, Nanjappa completed his PU at MGM College, Udupi. He took up B.E. in Mechanical Engineering at PES College of Engineering, Mandya under Mysore University.

On completion of under-graduate studies in Engineering, Nanjappa worked for sometime as a Quality Engineer at Krishna Fabrications, Peenya, Bengaluru and Design Engineer at Promac Engineering, Bengaluru. He joined the Government of Karnataka State Civil Service as Gazetted Probationer during the year 1995 as Inspector of Factories and served at Bengaluru.

He was promoted as Senior Inspector of Factories in 2001. He was later posted as Deputy Special Officer in the Child Labour Cell of the Government of Karnataka and then served as Senior Inspector of Factories at Mysuru and Bengaluru.

Nanjappa was promoted to the cadre of Deputy Director of Factories in the year 2012 and posted at Mangaluru and Bengaluru. In the year 2019, he was promoted to the post of the Joint Director of Factories. Now he has been posted as Additional Director of Factories and Boilers in the year 2020 on promotion and is working at Bengaluru.

Nanjappa has had special training in the field of Industrial Safety and Health at: Director-General Factory Advice Service and Labour Institute, Mumbai; Regional Labour Institute, Chennai; Regional Labour Institute, Kolkata; Incident Response System (IRS) in the management of disasters from the National Institute of Disaster Management (NIDM), Bhopal.

He is the son of Karthamada Nanjappa Ganapathy and Ponnamma (Kanathanda), both of whom were teachers at Napoklu and Madikeri and presently residents of Birunani in South Kodagu. He is married to Kalengada Bojamma and blessed with a son Adith studying in 10th std.

Ph.D awardee

Mysuru, Nov. 23- Visvesvaraya Technological University (VTU), Belagavi, has awarded Ph.D in Mechanical Engineering Science to **G.M. Swamy** for his thesis 'Experimental Investigation and Analysis of Wear of Single Point Cutting Tool and Drill Bit Using Acoustics Emission and Surface Roughness' [Guide: Dr. Shankaragoud Nyamannavar].

Rescued tiger cubs to be shifted to Chennai Zoo

Mysuru, Nov. 23 (KS)- The Madhumalai Forest staff, who had rescued two 10-day-old male tiger cubs near the village bordering Madhumalai Tiger Reserve (MTR) Forest in Tamil Nadu adjoining Bandipur Tiger Reserve on Saturday morning, will be shifting the rescued tiger cubs to Arignar Anna Zoological Park (AAZP), also known as the Vandalur Zoo in southwestern part of Chennai later today.

According to Krishan Kumar Kaushal, Field Director of Madhumalai Tiger Reserve (MTR), it was decided shift the tiger cubs to ensure their well-being and safety. The Field Director has stated that the cubs were healthy and were fed special diet based on National Tiger Conservation Authority (NTCA) guidelines. However, veterinarians at the Tiger Reserve feel that the cubs are highly vulnerable at this stage and need special care and infrastructure. As there are neo-natal care facilities for wild animals at Chennai, the two male cubs will be housed there for the next four months.

Also, decision has not been taken if the cubs can be brought back to MTR for in-situ rearing as per the Field Director. Cubs will be taken care of by K. Sridhar, Veterinary Surgeon - AAZP and K. Rajeshkumar, Forest Veterinarian, MTR, during the transit.

Obituary

Indira (Papamma)

Mysuru, Nov. 23- Indira (67), wife of late Chamundaiah and a resident of Ashokapuram 7th Cross in city, passed away last evening. She leaves behind three sons, two daughters and a host of relatives and friends. Last rites were held at Vishveshwaranagar in city this afternoon.

Marriage postponed: The marriage of Indira's son Yogesh, which was scheduled for today, has been postponed. Indira breathed her last when all the family members and relatives were heading towards Kalyana Mantap last evening.

Chandrashekar

Mandya: Chandrashekar (65), son of late Laxmegowda (Shettegowda) and a resident of Harohalli, Pandavapura town, passed away last night at K.R. Hospital in Mysuru.

He leaves behind wife, three daughters, sons-in-law, grandchildren and a host of relatives and friends. Last rites were performed this morning at Harohalli.

NEWS BRIEFS

Staff Selection Recruitment Exam

The Staff Selection Commission will hold Combined Higher Secondary Level (CHSL) examination for recruitment to the posts of Lower Divisional Clerk (LDC), Junior Secretariat Assistant (JSA), Postal Assistant (PA), Sorting Assistant (SA), Data Entry Operators (DEO) and Data Entry Operator Grade A (PU Science). Reservation for SC, ST, OBC, EWS, ESM and PwD categories is available as per extant Government orders. Candidates who have passed PUC and aged 18 to 27 years can apply on website http://ssc.nic.in before Dec. 15 and pay application fee before Dec. 17. For details, contact Assistant Director, District Employment Exchange, Mysuru or contact Ph: 0821-2489972.

Financial Aid

D. Devaraj Urs Backward Classes Development Corporation (DUBCDC) has invited applications from candidates belonging to backward classes category 1, 2A, 3A and 3B (except for Vishwakarma, Uppara, Ambiga, Madivala, Savita, nomadic or semi-nomadic tribes and religious minorities) and working as delivery staff in e-commerce firms such as Zomato, Swiggy, Uber, Amazon and others, to provide financial assistance of Rs. 25,000 to buy two-wheeler and assist them to avail loan for the remaining amount in banks and other financial institutions for the year 2020-21. Applicants (or if any of their family members) who have already received financial assistance from this scheme are not eligible to apply. Applications can had at DUBCDC office in their respective districts and submitted online (www.dbcdc.karnataka.gov.in). Apply online or offline along with documents before Dec. 19. For details, contact Ph: 0821-2341194, according to a press release.

KRS Water Level

(Maximum : 124.80 feet)

Today	122.34 ft
Yesterday	122.55 ft
Inflow	2,617 cusecs
Outflow	5,668 cusecs

Kabini Level

(Maximum : 2,284.00 feet)

Yesterday	2,275.82 ft
Inflow	439 cusecs
Outflow	2,450 cusecs

Harangi Level

(Maximum : 2,859.00 feet)

Today	2,844.48 ft
Inflow	96 cusecs
Outflow	1,675 cusecs

Love beyond life…

Hottegowdana Doddi villagers build temple for 'Rebel Star' Ambarish

Almost every house in the village has a portrait of late actor-turned politician

'Ambi Amara' — A temple built for actor-turned politician Ambarish at Hottegowdana Doddi in Maddur taluk of Mandya which will be inaugurated tomorrow. Picture right shows a close up of the bronze bust installed in the temple below which the ashes of Ambarish is placed.

Mandya, Nov. 23- The acting skills and philanthropic works by the actor-turned-politician Ambarish has earned the affection of numerous people across the State, particularly in the Sugar Town.

Standing as a best example for the unconditional love, villagers of Hottegowdana Doddi, a village in Maddur taluk of Mandya district, have built a temple in the village — 'Ambi Amara' (Ambarish Eternal) — spending lakhs of rupees from their own pockets. Also, almost every house in the village has a portrait of Ambarish for which they pay obeisance every day.

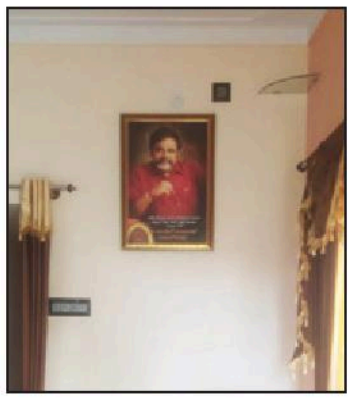
'Ambi Amara' temple built by fans, followers and residents of Hottegowdana Doddi by raising funds to the tune of Rs. 10 lakh, has a bronze bust of the 'Rebel Star' installed in it, which will be unveiled tomorrow (Nov. 24), marking the second death anniversary of the actor.

For the affection over Ambarish and with an intention to highlight the welfare works done by the late actor-turned-politician, this temple also has the ashes from Ambarish's funeral pyre beneath the bronze bust, say the villagers. Till the temple was built, the ashes were kept in the office built for Ambarish and worshipped every day, they added.

"Ambarish's contribution is immense both as a politician and as an actor. His name and his achievements should be made known to the future generations too. Hence, fans and villagers have built this temple by spending from their own pockets," said Nagesh of Akhila Karnataka Dr. Ambarish Abhimanigala Sangha, Hottegowdana Doddi.

"Not just me. My father and all relatives in the village are great fans of Ambarish. The welfare works he sanctioned to our village and the way he changed the lives of people made them believe him as their God. Every house in our village has his photo and now with the efforts of the villagers, fans and followers of Ambarish, we have built this temple," said one of the villagers.

Photos of 'Rebel Star' Ambarish finds place on the walls of every house in Hottegowdana Doddi.



Ambarish's wife and Mandya MP Sumalatha Ambarish, his son Abhishek, actors Darshan and Yash, Producer Rockline Venkatesh and other cine stars are expected to attend the inaugural ceremony tomorrow at 11.30 am.

IMA Jewels Scam

Former Minister Roshan Baig arrested by CBI

Bengaluru, Nov. 23 - The Central Bureau of Investigation (CBI) on Sunday arrested former Congress Minister Roshan Baig in connection with the Multi-crore I Monetary Advisory (IMA) ponzi scam.

A team of CBI officials visited Baig's residence around 11 am yesterday and secured his custody, following which he was taken to the CBI Office. Baig, who was elected on a Congress ticket from Shivajinagar Assembly segment in 2018, had quit his seat as part of his gameplan to join the BJP last year.

Roshan Baig

The CBI, after recording his statements for several hours, arrested the former Minister based on material evidence. Baig was produced before the CBI Special Judge, who remanded him to judicial custody.

The prime accused in the multi crore ponzi scam, Mohammad Mansoor Khan, MD and CEO of IMA, who was arrested from a Gulf country last year by the SIT, which was then probing the case, had alleged that he incurred huge losses and was unable to return the money of his investors because Baig had taken Rs. 400 crore from him. Mansoor Khan had also alleged that Baig had threatened him when asked to repay the money.

New Police Commissioner's Office

building all set for inauguration by CM tomorrow

Mysuru, Nov. 23 (SBD&KS)- The newly constructed City Police Commissioner's Office building at Nazarbad is all set for its inauguration after much delay. Keeping the heritage perspective in mind, the imposing building is constructed at a cost of Rs. 19 crore and will be inaugurated tomorrow evening by Chief Minister B.S. Yediyurappa.

The City Police Commissioner's Office was earlier functioning in the nearly a century-old building known as Band Bungalow as it was the Office of the Police Band, where musicians in the Police Department were practicing before it was converted as the Police Commissioner's Office. As there was a vacant land next to it, a decision was taken to construct a new building and the work order was sanctioned in Dec. 2013.

On June 12, 2014, ground breaking ceremony *(guddali puja)* was performed and Rs. 16.76 crore administrative approval was given following which the construction commenced.

In January 2018, an additional grant of Rs. 2.60 crore was also released and the architectural Police Commissioner's Office construction was completed. Though the new building was to be inaugurated in March 2018 by the then Chief Minister Siddharamaiah, it was cancelled due to unforeseen reasons.

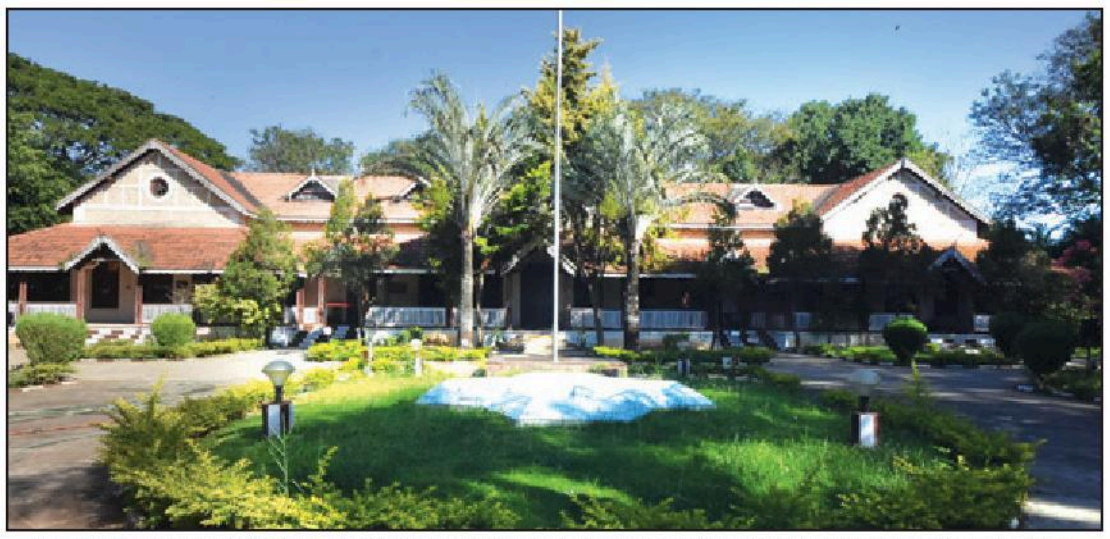
Attractive architecture

The new building with attractive architecture is constructed on the lines of Lalitha Mahal Palace. The building has six small domes on its sides with a big dome in the centre and the new ivory white coloured building is spread over 4,268 sq. ft. Simon and Associates are the architects and the building was constructed by Manipal Energy and Infrastructure Limited. The new eco-friendly building is constructed in the 19th century heritage style.

Ground Floor

As one enters the main gate of the new building, a reception desk welcomes them on the ground floor. The City Police Commissioner's Office is situated on the left side and the Office of the Deputy Commissioner of Police (Law and Order) to the right. The DCP's Court Hall is also located on the same floor. The Police Commissioner's Personal Assistant's chamber, guard room, an auditorium with about 150 seating capacity and photography wing function here.

The City Police Commissioner's Office building at Nazarbad which will be inaugurated by the CM tomorrow evening.



The Band Bungalow in Nazarbad from where the City Police Commissioner's Office functioned earlier.

Cellar

From the ground floor, there is a lift and stairs to the cellar and the first floor. The Office of the Deputy Commissioner of Police-2 (Crime and Traffic), City Crime Record Bureau, Computer Section, Server Room, Store Room, Passport Section, Assistant Administrative Officer, Accounts Section, Salary Section and General Section are located in the cellar.

Police Band practicing in front of the illuminated building.

First Floor

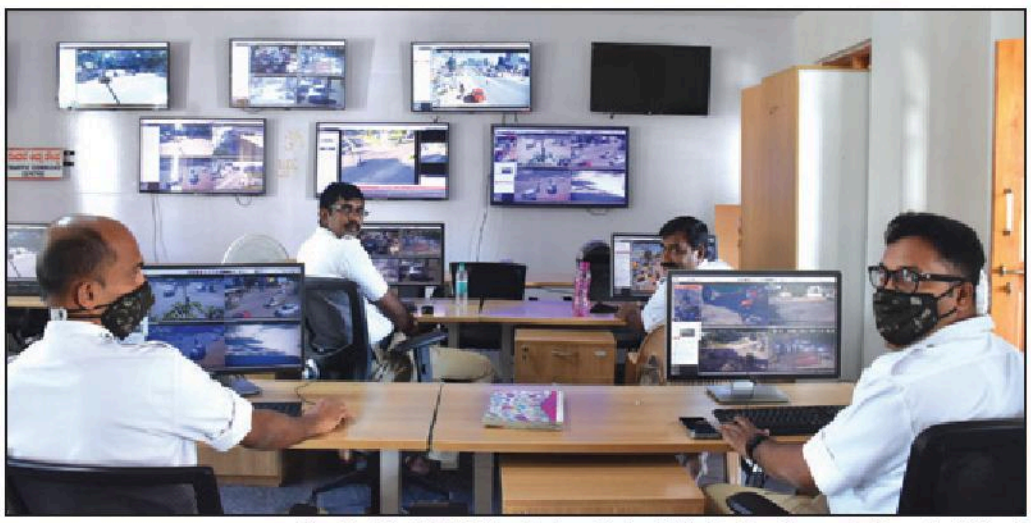
On the first floor, the Wireless Division, City Police Control Room, Traffic Automation Centre, Traffic CCTV Unit, Fingerprint Unit, ACP and DCP Offices of Fingerprint Unit and Library are located.

Facility for the movement of Police Officers' vehicles and Department vehicles are provided by laying two separate roads from the main gate of the building.

Park

The works on the park in front of the new building is in progress. Ornamental plants which act as fences in park borders have been planted and pathways have been laid for the public to walk.

Benches have also been installed in the park for the public to rest. Also, a wide range of ornamental and flowering plants have been planted inside the park. A board 'Way to Public Park' is placed near the entrance of the main gate.



The Traffic CCTV Monitoring Unit at City Police Commissioner's Office building. Picture right shows the City Top Cop's Office.

POLICY POLITICS & PEOPLE

Engaging Citizens in Policy-making...

By Dr. R. Balasubramaniam

The problem of pollution is back in Delhi again. The State Governments of Arvind Kejriwal and Capt. Amarinder Singh have started blaming each other for the problem, while the Supreme Court has been demanding action from both the Central and State Governments. Whether it is the even-odd arrangement that the Delhi Government tried a few years ago or asking people to switch off their car engines when stopping at a traffic light, different solutions are being attempted. From the burning of the stubble to the challenge of COVID pandemic worsening during polluted times, the common citizens are worried. But everyone seem to also have a view on what needs to be done. What very few appreciate is that each one of us is a part of the problem and also need to be a part of the solution.

Amidst all the debate, one is also not sure whose responsibility is it to ensure a pollution-free Delhi? Is it the responsibility of the Central Government or that of the State? Why would the neighbouring State of Punjab or Haryana invest public resources and incur the wrath of their farmers by regulating burning of the stubble to keep Delhi smoke-free? Is it even possible to make policies that are pragmatic, implementable and citizen-centric? And whose voice matters when such policies are framed?

Amidst all this, there is another Constitutional crisis waiting to erupt. While the Parliament recently passed the Farm Laws and justified it as pro-farmer and progressive, States like Punjab and Rajasthan ruled by the Congress have passed their own laws to nullify or counter the National Law. Are such laws tenable and would they hold judicial scrutiny? While both the Central and the State Governments are claiming that they are within their Constitutional rights to pass such laws, where does it leave the average farmer? Should farmers be identified by their domicility or should they be thought of and treated as Indian farmers?

While issues like these are discussed and debated by television commentators and in newspaper editorials, it only leaves the viewer/reader confused and carried away by emotional sentiments rather than objective analysis. One can also decide to remain indifferent and insulate oneself from all this and pretend that it does not affect our lives. But is this even possible or acceptable?

Policy and politics are inseparable elements of governance and one cannot ignore how and why they are made and their consequences on the citizens of a country. Good governance is not something that happens by accident or as an automatic consequence that follows suit after we elect a Government. It is the outcome of the tension that emerges from the interaction between the elected law-maker, the Institutions mandated to implement the laws and the authorising environment that citizens provide by their continuous engagement.

With political polarisation becoming the defining issue of our time, there is a pressing need to develop a more precise understanding of the actions of Government and the intentions that determine such actions. The field of public policy has now assumed considerable importance in response to the increasing complexity of Government activity. The advancements of technology, changes in the socio-economic organisation structures, terrorism, falling GDP growth, rapid growth of urbanisation and growing inequities have added to this complexity. Knowledge and understanding of public policy provides an in-depth understanding of the ills prevailing in society and aids to identify the solutions for them.

Many people are passionate about these and other issues, and have the best intentions in trying to advocate for

reform or implement policy change. But translating good intentions into good decisions is not always as easy as it seems. Public policy in India is the result of decision-making that is constrained by complex interactions between political preferences, embedded institutions, and limited resources. For many policy choices, the correct course of action is unclear. In certain instances, the choices themselves may be hard to identify. Effective policy-making requires the ability to analyse situations systematically, deal with uncertainty, make trade-offs among conflicting interests, account for other values and institutional characteristics, and develop a strategy for working with other parties to achieve the chosen objective.

Citizens cannot be dubbed as 'common people' and left out of this process. Policy formulation is not rocket science that only well-trained experts or bureaucrats can understand and be a part of. This is the time for demystifying the public policy cycle and making it understandable and relatable to each one of us.

In simple terms, public policy is the intent and actions of Government (public agencies). It is what Governments choose to do or not to do. With Governments declaring their intent of enhancing citizen engagement in governance, the first step would be for each one of us to appreciate the what and why of policy-making and relate to how it impacts our lives. This can be the beginning of democratising development itself and help frame the narrative of evidence-based policy-making in India.

It requires us to be updated with information that is required and freely available today in the public domain; using our common sense to make meaning out of it; forming reasonable interpretations; and advocating our understanding in a non-partisan and objective manner with the political and bureaucratic set up. Though this is easier said than done, a beginning needs to be made now more than ever.

What is urgently needed is to begin the process of 'Enlightening' all the stakeholders, getting citizens and communities to 'Engage', and creating a nation of 'Empowered' citizens. And when the PUBLIC of public policy gets activated, only then can we hope the 'voice' will drown out all the 'noise.'

[Dr. R. Balasubramaniam, Founder of Swami Vivekananda Youth Movement and GRAAM is a public policy advocate and development activist. He is a visiting professor at Cornell University and IIT-Delhi. He can be reached at: email@rbalu.com]

From marriage hall to exam hall

Bride writes competitive exam on her wedding day

Madikeri, Nov. 23- While it takes days together for any newly wed to come out of the celebration mood and complete the rituals related to the wedding ceremony, this bride from Madikeri had to complete her marriage rituals early in the day to make sure that she did not miss to attend the competitive exam that coincided with her marriage date.

The ambitious bride is Swathi, a resident of Ashokapura, who went directly from the marriage hall to the Junior College in Madikeri to write a competitive examination, after completing her wedding rituals, yesterday. The competitive examination for the selection of DCC Bank

Swathi

staff had coincided with the date of her marriage with Suresh from Madhuramma Pattana in Suntikoppa. The marriage was held at Ambedkar Bhavan in Madikeri.

The auspicious timing was fixed so that it did not clash with the timing of the examination. Swathi and Suresh entered into wedlock between 6.30 am and 9 am on Sunday and Swathi later came to the exam hall directly, in her wedding attire.

Swathi Suresh said that she had been preparing for the competitive exam from the past several months. The marriage rituals were performed in short, so that she did not lag behind the schedule of the exam. Swathi expressed her confidence in clearing the exam.

Mysore Race Club holds 52nd AGM

Election of Stewards, Committee Members this afternoon; Results out by evening

Mysuru, Nov. 23- The 52nd Annual General Body Meeting (AGM) of Mysore Race Club (MRC) Limited was held at the Club premises in city this morning.

Following the AGM, the election of Stewards and Committee Members began in the afternoon. Results will be announced later in the evening.

The following nominations were declared valid to contest in the elections: Stewards: G.K. Balakrishnan, B.U. Chengappa, Y.B. Ganesh and Dr. C.D. Sreenivasa Murthy; Committee Members: B.N. Cariappa, K.M. Chandre Gowda, M.L. Kantharaj Urs and K.N. Suresh Kumar.

Six from Mysuru Circle among 75

Forest Staff receive Chief Minister's Medal

Bengaluru, Nov. 23 (MTY& SD)- Chief Minister B.S. Yediyurappa conferred Chief Minister's Medal on 75 Forest officers and staff this morning at Banquet Hall of Vidhana Soudha, Bengaluru, this morning. Forest Minister B.S. Anand Singh and other Department officials were present at the Medal Investiture Ceremony.

From the last three decades, the Principal Chief Conservator of Forests had been urging the Government to bestow the CM's medal upon Forest Department staff, on the lines of Police Department, for their outstanding contributions in their services as a note of encouragement.

Responding to the same, three years ago, the State Government had instituted the Chief Minister's medal for Forest officers and staff. The Government had been announcing the list of awardees from the last three years but for one or the other reasons had not organised the Medal Investiture Ceremony.

K.N. Mohan Kumar *A.S. Manju* *A. Srinivas* *Y.K. Sathish* *Akram Pasha* *Sheikh*

Every year, CM's Medal is being awarded to 25 Forest Department personnel. So, today totally 75 persons received medals that include 15 RFOs, 22 DRFOs, 23 Forest Guards, eight Forest Watchers, four Welfare Staff and one each of Mahout, Dalayat and Driver.

Six Forest staff from Mysuru Circle are among the 75 persons who received the CM's Medal today — two DRFOs, three Forest Guards and one Dalayat.

While DRFO A.S. Manju, Forest Guard A. Srinivas and Dalayat Akram Pasha were selected for the CM's Medal for the year 2017, DRFO K.N. Mohan Kumar of Forest Mobile Squad and Forest Guards Y.K. Satish and Sheikh are named in this year's Medal-winners' list.

A group photo of the medal-winning Forest Staff with CM B.S. Yediyurappa and other dignitaries in front of Vidhana Soudha this morning.

Three highway robbers arrested for looting labourers

One bike, 2 cell phones, Rs. 400 cash seized

Mysuru, Nov. 23 (KS)- Following incidents of increasing highway robberies and extortion of travellers on Mysuru-Bengaluru Road, Metagalli Police, on receiving a complaint, have arrested three highway robbers and have seized a bike, two cell phones and Rs. 400 cash from them.

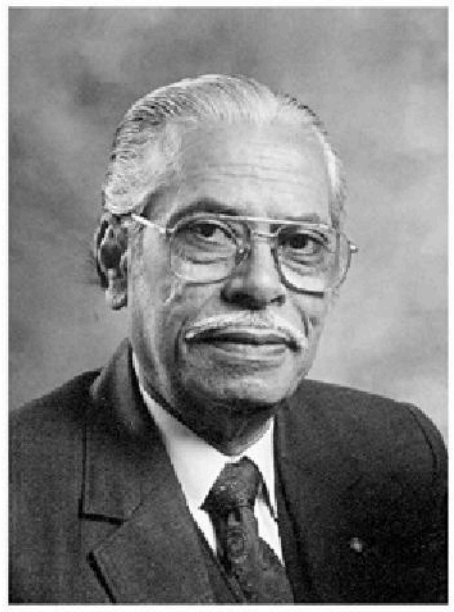
The arrested are 19-year-old Sharath (Manu) of Pandavapura in Mandya district, 20-year-old M.B. Sharath (Catu) of Maratikyathanahalli in Mysuru taluk and 32-year-old Srinivas (Manja) in Mandi Mohalla in Mysuru.

The three accused, on Nov. 18 at about 11 pm, barged into the temporary shed constructed for labourers undertaking highway works near Shreya Comforts close to Siddalingapura, assaulted a few workers with sticks, threatened them and had decamped with cash and mobile phones of the workers. Metagalli Police had registered a dacoity case against the accused.

On Nov. 22, Metagalli Police took the three accused into custody and during interrogation, accused Sharath is said to have confessed of lifting a Hero Honda Splendor bike parked in front of a house at Holenarasipur and on Nov. 18, using the same bike, along with the other two accused, had assaulted the labourers besides snatching away cash and mobile phones from them.

Based on the information provided by the accused, the Police have seized the bike used for the crime and have recovered Rs. 400 cash and two mobile phones from them. DCPs Dr. A.N. Prakash Gowda and M.S. Geetha Prasanna and NR Sub-Division ACP Shivashankar supervised Metagalli Inspector A. Mallesh, Sub-Inspector Vishwanath, NR Sub-Division ACP's special squad personnel Anil K. Shankapal, Lingarajappa, Suresh, Ramesh, Kantha and Gowrishankar and Metagalli Police Station staff Ponnappa, Diwakar, Prashanth Kumar, Krishna, Asha, Rajesh and Likith in the nabbing, seizing and recovery operation.

1st year remembrance



D. Ram Singh

16.06.1934 --- 23.11.2019

Smt. Anuradha Singh, Sri Satish Kumar Singh
Ms. Vidushi Singh & Ms. Pulkit Singh

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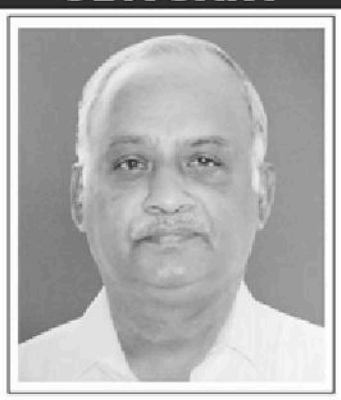
OBITUARY



C.P. POULOSE *(77 Years)*

Rtd. Govt. School Head Master

Passed away on 22-11-2020 at his residence A.I.I.S.H Layout, Bogadi, Mysore.

Cremation held at St. Gregorios Orthodox Syrian Church Graveyard, Mysore.

Deeply mourned by: Wife: Mariamma, Children: Laveena, Praveen & Nithin, Son-in-law: Robi Kurian, Daughters-in-law: Gigi & Sheeba, Grandchildren: Leah, Hanna, Lydia, Lincy, Samuel & Daniel

Vaastu-Feng Shui & Bio-energetics

By S.B.S.Surendran
Accredited Master Feng Shui Consultant

Mirror to enhance fortune

Feng Shui is the art of creating a happy living environment within the home, one that ushers in good energy and feel which is not only beneficial but positive for the occupants.

It is probably more correctly called the Chinese art of alignment due to the fact that if a space is aligned properly, the residents in that space function better. Metaphorically speaking, Feng Shui is to a house what acupuncture is to a body. When correctly applied, Feng Shui is a tool that can correct problem areas, such as ill health, strained relationships, or difficulties with children.

The Ancient Art of Feng Shui can dramatically improve your health, happiness and personal prosperity by maximising positive energy and harmony in the home, garden and office. Feng Shui can be a powerful force shaping our lives but it is not a cure for all ills. What we do with our lives and how we behave towards others will play a part, and education gives us the tools to make sense of the world.

One of the methods to enhance the feel of your space through Feng Shui is using bright objects to enhance the energy flow. Objects like glass, mirrors, crystals and anything with a shiny metal surface activates the energy especially if you have dark and gloomy corners in your home or office.

A simple yet effective tools in creating and channelising energy flow in a space is using mirror and lights. Mirrors can create a feel of expanse and take away the feel of a cramped room. It can also draw in good energy especially if it reflects a water feature, ocean or greenery. Use mirror opposite a light source such as a window to maximise the natural daylight and enlarge the space and to cover your couch and sofa.

Mirrors in dining area are considered good and said to enhance fortunes as it symbolically doubles the food on the table. Placing a mirror on the North wall is said to enhance protection to the households livelihood but care needs to be exercised that it does not reflect the main door or toilets or stove in the kitchen.

Mirrors add to the depth and space of the dining area but ensure that the dining table is not too large and creates a feel of small space or cramped area as this would make the area less pleasurable.

Adapting even say a mirror above a fireplace creates a powerful focal point in the room with the reflection of the mirror providing a cooling antidote to the heat of the fire. All that you need to ensure is that the mirror reflects a beautiful view like a nice crystal chandelier or something peasant to enhance the energy and feel of the place.

Placing attractive candles in the foyer and even a plant in summer time in front of a mirror can be a good activator of Feng Shui as they are very powerful at expanding energy and making space look larger.

However, exercise caution while adapting mirrors and ensure that there are no mirrors reflecting main door directly as it is said that energy coming in is sent back, but you can have mirrors on the side wall to brighten up a foyer or doorway.

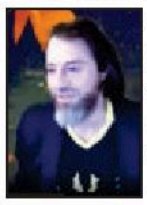
Similarly, mirrors reflecting bed in a bedroom are a taboo as they are said to create stress and disturbed sleep which cause illness in the long run.

Lastly, avoid mirrors reflecting the stove as they double the fire energy in the kitchen with the reflection.

[fengshui@fengshuiserver.com]

Webinar on 'AI Decision System'

Mysuru, Nov. 23- The Institution of Electronics & Telecommunication Engineers (IETE), Mysuru Centre, had organised international webinar on 'An AI Decision System for Secure Cyber Network Architecture' on Nov. 17.



Dr. Neal Wagner, Complex Systems Scientist at Systems and Technology Research, Massachusetts, USA, was the chief guest. Prof. C.R. Nataraj, Chairman, IETE Mysuru Centre, Dr. S.R. Bhagyashree, Vice-Chair, IETE Mysuru Centre and Dean (Research) & Professor, Department of ECE, ATMECE, Mysuru, Dr. B.D. Parameshachari, Hon. Secretary, IETE Mysuru Centre, ACM Distinguished Speaker and Professor & Head, Department of TCE, GSSSIETW, Mysuru, Prof. Shashidhara S. Gokhale, Hon. Treasurer, IETE Mysuru, EXECOM Members of IETE Mysuru Centre and participants from various colleges attended the webinar.

Session was commenced by welcoming the speaker, panel members and participants by Greeshma, student, Department of TCE, GSSSIETW, Mysuru. The introduction of chief guest was done by M.R. Prarthana, student, Department of TCE, GSSSIETW, Mysuru. Webinar was coordinated by K.M. Rajesh, Asst. Professor, Department of TCE, GSSSIETW, Mysuru.

Dr. Neal Wagner highlighted the insight about cyber defence — attack mitigation, protection from being attacked, Network level protection methods — Network Segmentation and Limiting workstation to workstation communication. Dr. Neal Wagner briefed about Cyber Risk Modelling and Simulation Components — Defender's network is protected by Segmentation architecture, Defender's communication restricted, Defender's enclaves periodically cleansed.

The Session was concluded by thanking the participants by Shaiqa Afeef, student, Department of TCE, GSSSIETW, Mysuru. The Master of the Ceremony was done by Ayushi Sharma, student, Department of TCE, GSSSIETW, Mysuru.

The webinar was attended by more than 100 participants from all over the country.

Elected to Co-operative Bank and Society

H.M. Sandeep Lakshmi Dinesh D. Padmanabh Geetha Prakash

Mysuru, Nov. 23- The following have been elected as the Directors of Sri Kanyakaparameswari Co-operative Bank Ltd., Mysuru, during the elections held to the Administrative Board of the Bank on Nov. 8: H.M. Sandeep, E. Dileep Kumar, P.S. Nagaraj, Puttu Srinivas, S.R. Sunil, C.K. Sushma, Srinivas K. Sampath, Lakshmi Dinesh and B.N. Rekha Praveen.

In the elections held for the office-bearers on Nov. 18, H.M. Sandeep and Lakshmi Dinesh were unanimously elected as the President and the Vice-President respectively.

Co-op. Society

D. Padmanabh and Geetha Prakash have been unanimously elected as the President and the Vice-President of Mysuru and Chamarajanagar District Industrial Supply and Sale Co-operative Society Ltd. respectively, according to the Returning Officer and Mysore Co-operative Society Assistant Registrar Harish Kumar.

Deepak Jain of Mysuru nominated as JITO KKG Zone Treasurer

Mysuru, Nov. 23- **B.K. Deepak Kumar Jain** of Mysuru city has been nominated as the Zone Treasurer of Karnataka-Kerala-Goa (KKG) Zone of Jain International Trade Organisation (JITO) for the term 2020-22.

Deepak Kumar Jain has earlier served as Youth Wing International Wing Committee Director, PRO and Chief Secretary of JITO - Mysuru, Secretary of Sri Sthanakvasi Jain Sangh - Mysuru, Vice-President of All India Sthanakvasi Jain Conference - Karnataka Youth Wing, President of JCI Mysore Royal City, Zone Secretary of JCI INDIA Zone XIV and many more organisations in various capacities.

This was officially announced during the first Zone meeting of JITO KKG Zone held on Nov. 18 at Bengaluru by Zone Chairman Narendra Samra and Zone Chief Secretary Sudhir Gadiya.

Ranjeet Solanki of Bengaluru has been nominated as Zone Vice-Chariman while Vikram Jain of Belagavi has been nominated as Zone Joint Chief Secretary. Kamal Punmiya of Bengaluru, Mahaveer Bhurat of Ballari and Sohanlal Gowma of Hubballi are the Zone Convenors.

Seen in the picture are** (sitting from right) **Praveen Bafna - Apex Director, Narendra Samar - Zone Chairman, Paras Bhandari - Apex Vice-President, Ranjeet Solanki - Zone Vice-Chairman, Sudhir Gadiya - Zone Chief Secretary, Ashok Nagori - Bangalore Chapter Chairman;** (standing from right) **Vikram Jain - Zone Joint Chief Secretary, Dr. Yogesh - Vice-Chairman APEX JPF, B.K. Deepak Kumar Jain - Treasurer, Mahaveer Bhurat, Sajjanraj Mehta, Kamal Punmiya, Sanjay Sethiya, Ladulal Mehta, Siddharth Patva, Sohanlal Jain - Convenors and Kajal Jain - Zone Manager.

Brace up to endure winter amidst pandemic scare

By Shadan Muneer

They say winter is not a season but a celebration in India. The season heralds celebrations, festivals and weddings galore. While winters do encompass happiness, there is sometimes harshness in equal measures. The charm of chilly weather is often diluted with the onslaught of seasonal ailments. People with bronchial allergies, children and the elderly suffer the harshness of winters and are susceptible to seasonal infections. This year, especially with COVID-19 still devastating the lives of millions around the globe, it is very important to take necessary precautions so as to ensure that we stay healthy and safe.

Experts from various fields are concerned that the COVID-19 cases may spike sharply in the coming winter months.

It is very essential to build our immunity to ward off infections. Although age old remedies have proven to be beneficial in preventing as well as curing the seasonal maladies, the spread of the deadly Coronavirus this winter makes it imperative to embrace effective measure to stay hale and hearty. We spoke to the health experts in the city to help you prepare for winters and also suggest winter diet that will give massive boost to your immunity and aid in keeping infections at bay.

All is well with Ayurveda

The ancient health care system that originated in India and spread across the globe truly holds its own forte amidst modern medicines. Ayurvedic treatments and solutions are scientifically designed to increase immunity.

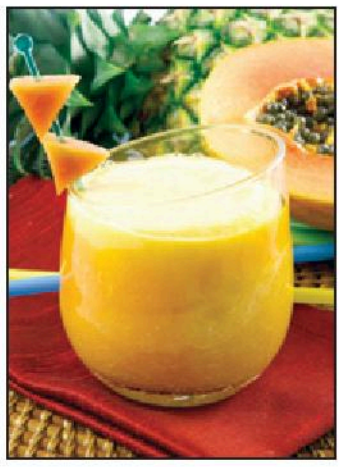
Dr. Deepthi Niranjan, Head of the Department at Indus Valley Ayurvedic Centre, says: "With winter setting in amidst the pandemic, it is essential to keep two things in mind — one is Agni balancing which means keep an eye on the digestive tract and the other is immune boosting. Opting for easily digestible foods (which varies from person to person) works wonders in enhancing immunity as a bad digestive tract can cause accumulation of toxins in the system which will lead to health ailments."

She recommends that the foods that stimulate immunity are fresh home cooked meals. She further adds, "Ayurveda recommends having a nutritious and wholesome meals which must include six tastes (sweet, sour, salty, pungent, bitter and astringent) with two tablespoons of cow's ghee in your daily diet as it helps in digestive balancing, boosting immunity and also keeps the body warmer naturally. Consume vegetables with antioxidants along with a lot of juicy fruits. Herbs and spices in your daily diet can boost your immunity. Oil pulling, nasal therapies and breathing exercises will also be beneficial during winters."

More nutrition leads to enhanced protection

Dr. Asna Urooj, Chairperson Food Science and Nutrition, University of Mysore (UoM), quips: "Good nutrition is like a medicine for our body, balance of Vitamins A, C, D, E, along with minerals like Zinc, Magnesium and Selenium are essential to support your immune system which can help in warding off seasonal infections. Our water consumption tends to go down with the onset of winter which takes a toll on your immune system and it is necessary to keep yourself well hydrated. Ensure that you drink warm water or water infused with mint, ginger, pomegranate, clove or cinnamon. Vegetable soups with ginger, mint, a pinch of pepper adds to immunity boosting." She further advices "black cumin or kalonji is effective against Bronchitis and several types of bacterial infections and also helps in reducing inflammation, green tea contains powerful antioxidants and minerals. And it is better to avoid refrigerated foods and beverages, high fat foods and refined carbohydrates which load the system with unnecessary calories and it is always safe to stick to familiar, warm and freshly cooked food."

She further advices, "add ample Vitamin C eatables like citrus fruits, papayas and pineapples to your diet. Children's diet should also be handled well giving them appetizing foods such as fruit salad and vegetable salad topped with cream and honey is recommended. Junk food must be strictly avoided."



Prevention is better than cure

Dr. B.S. Jayaraj, leading pulmonologist and Head of the Department, JSS Hospital, points out that "there is a possibility that the virus may become stronger during the winters and we may anticipate the rise in the number of COVID-19 cases as well as several other viral infections from the family of Coronavirus. Adapting to healthy lifestyle will act like a weapon against infections; it is essential to follow all the safety precautions and hygiene protocols to stay healthy. People with a history of respiratory ailments must be extra cautious; they must identify and avoid the food allergens that may trigger breathing problems. Balanced diet and intake of Vitamin D are all essential to fight the infections."

He further adds, "people who have recovered from COVID-19 need to be vigilant and go for regular follow ups as post COVID-19 sequel needs a lot of attention. Physiotherapy, rehabilitation, yoga therapy, lifestyle changes need to be adopted.

Consume immunity enhancing food

According to **Anjum Fatima, Senior Clinical Dietician at Narayana Multispeciality Hospital,** "there is no denying to the fact that winters call for some delightful indulgence as one tends to feel hungrier than usual but one has to keep in mind the ill-effects of unhealthy eating especially in times of Corona. To prevent falling ill during this season, we need to carefully choose what we feed our body to make the immune system stronger. It is advised to consume healthy foods which are rich in nutrients to nourish the immunity level. Ensure good supply fish, eggs, spinach, mushrooms, cabbage, sweet potatoes and other green leafy vegetables along with nuts and seeds which are rich in Zinc, Selenium and Vitamins which improve the resistance capacity."

Our Health experts also have valuable pointers on diet to build your immunity stronger this winter .

- **Balance the Vitamins intake**

Red and orange fruits and vegetables, sweet potato green leafy vegetables, bell peppers and papaya are rich sources of Vitamin A. Citrus fruits, papaya, strawberries and pineapple are good sources of Vitamin C. Flax seeds, almonds peanuts are also good sources of Vitamins.

- **Soak in the warm Sun**

Increase the intake of Vitamin D by soaking in the Sun, also add eggs to your diet to derive Vitamin D which plays a vital part in strengthening bones and boosting immunity.

- **Beat it with antibacterial and anti-inflammatory foods**

Turmeric, ginger and garlic have antibacterial properties. Ginger is used extensively for protection against cold and cough and other respiratory tract infections; It also treats sore throat along with a spoonful of honey. Garlic on the other hand helps fight viruses from within and turmeric is proven to boost immune cell activity, enhance antibody responses as it is also loaded with a whole lot of other benefits.

- **Spice up your diet**

Spices such as black pepper, cinnamon, cardamom, cloves and ginger enhance immunity level. Black pepper helps in fighting cold and wonder herbs such as tulsi and neem can destroy viruses and boost immunity in winters. Add ghee to your food along with carrot, radish, garlic and dry fruits to make your body feel warmer naturally. Whole grains such as maize, bajra, ragi, millets and yogurt, lentils and pomegranate are other must haves in winter.

- **Sleep to safety**

Along with the right food intake, experts also suggest us to follow a proper exercise regime and sleep cycle. Exercises help to deliver blood to all the organs more efficiently and getting 7-8 hours of sleep is crucial for our body to rest, heal and repair along with increasing the body's ability to fight infections. De-stress and keep yourself physically fit by exercising or practicing yoga and meditation.

Winter apart from signalling the arrival of New Year is hard to be ignored in spite of harshness in weather condition. Stay warm stay safe.

WORD OF THE DAY

Farrierplay

Pronunciation: FAIR-ee-er
Meaning: A person who shoes horses.
Origin: Farrier is now usually applied specifically to a blacksmith who specialises in shoeing horses, a skill that requires not only the ability to shape and fit horseshoes, but also the ability to clean, trim, and shape a horse's hooves. When farrier first appeared in English (as ferrour), it referred to someone who not only shoed horses, but who provided general veterinary care for them as well. Middle English ferrour was borrowed from the Anglo-French word of the same form, which referred to a blacksmith who shoes horses. That word derives from the verb ferrer ("to shoe horses"), which can ultimately be traced back to Latin ferrum, meaning "iron."
Examples: "His first memory was of a mule his father owned named Hyacinth, and his subsequent memories were all of the saddlebred horses his father trained, or retrained... His father had begun as a farrier, then added working with sour or broken-down animals and getting them back into the show ring." —Jane Smiley, Horse Heaven, 2000.

THE ODD WORD

Fane
Temple

PHRASE OF THE DAY

Finger Lickin' Good

Meaning: When something is finger lickin' good that means it tastes great. This phrase is typically used when talking about food.

Origin: This phrase originates from Kentucky Fried Chicken (KFC), a fast food restaurant founded in 1930. Most fast food places have a slogan of some kind that makes it easier to remember them. In the year 1956, KFC's slogan was actually this phrase—"finger lickin' good."
The idea with this slogan is that a lot of KFC's food can be eaten with only the hands. Thus, after finishing a meal, all that salt and flavoring is still on one's fingers. So instead of washing them off, a person might lick them clean, hence the phrase. Throughout the years, KFC has had a few different slogans. "Nobody does chicken like KFC" was one of them. Another one was "so good," which is actually their current slogan (as of this writing). Regardless, none of the other slogans have become as commonly used as "finger lickin' good." In 2011, despite the popularity of the slogan "finger lickin' good" and the fact that they've been using it for a little over 50 years, KFC decided to drop it in favor of another. While they may have dropped it, it still remains as a phrase that's regularly heard.

QUOTE BOX

"They say fingers were made before forks, and hands before knives."
—Jonathan Swift

RIDDLE THIS

Solve the rebus:

Answer: Head Shoulders Above The Rest

SUDOKU

8					6			7
	3					4		
2			9	1			8	6
1	4				9			
			7				3	9
4	9			6	5			1
		8					7	
3			1					4

Answer to previous puzzle

9	3	8	1	6	7	2	4	5
6	1	2	8	4	5	7	9	3
4	5	7	3	9	2	6	1	8
7	6	3	9	5	1	4	8	2
1	8	5	2	3	4	9	6	7
2	4	9	6	7	8	5	3	1
5	2	6	4	8	3	1	7	9
8	7	4	5	1	9	3	2	6
3	9	1	7	2	6	8	5	4

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concept is Sudoku increases from Monday to Sunday.

CROSS WORD

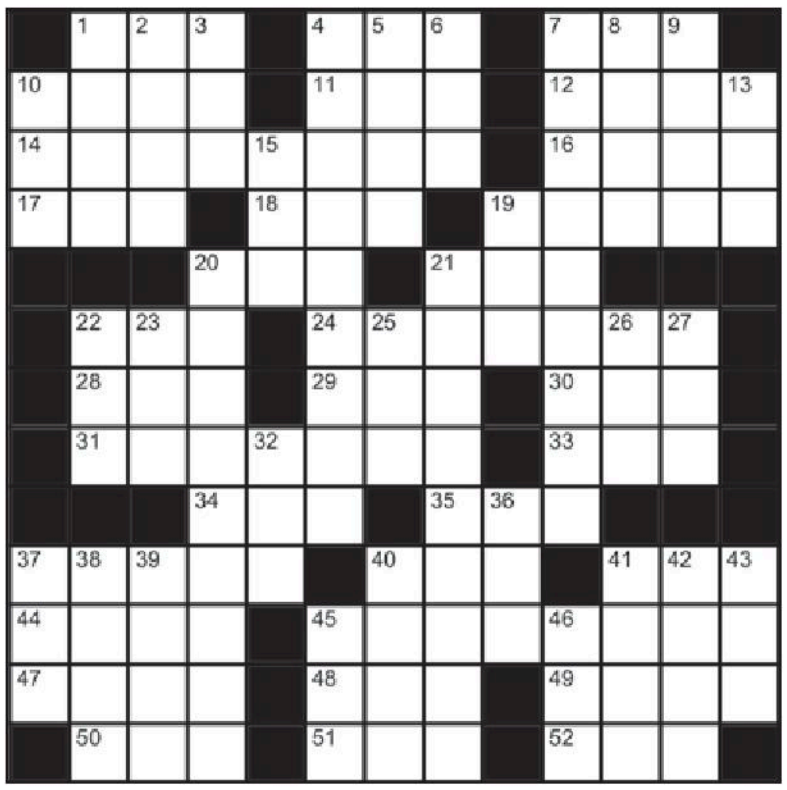
ACROSS:
1 Residue after a fire
4 Fuss or commotion
7 Dead on arrival, acronym
10 Peruvian Indian
11 Decay or decompose
12 An expression of pain
14 Captivates or bewitched
16 Understanding term? (1,3)
17 Also ___ : took part but did not win?
18 One, no matter which
19 Item in a log
20 School grp.
21 Light two-wheeled horse-driven carriage
22 Vane directions?
24 Builds, constructs or invents

YESTERDAY'S ANSWER

H	O	P	E	■	G	I	R	■	A	S	P	S
A	R	A	S	■	O	S	E	■	L	E	A	P
R	A	R	E	■	G	N	P	■	V	A	L	E
M	L	A	■	N	O	T	A	R	I	S	E	D
■	■	F	R	Y	■	■	I	A	N	■	■	■
O	L	F	A	C	T	O	R	Y	■	W	E	B
V	I	I	I	■	A	D	E	■	R	A	D	O
A	A	N	■	P	R	E	D	I	C	T	E	D
■	■	■	P	A	R	■	■	O	B	E	■	■
M	I	S	S	H	A	P	E	N	■	R	U	G
I	D	E	A	■	G	U	Y	■	U	L	N	A
S	E	A	L	■	O	R	E	■	R	O	T	I
T	E	R	M	■	N	E	D	■	N	O	O	N

28 For each, or for every
29 Clothing edge
30 Little devil
31 Recurs
33 ___ Farrow : ex-Hollywood star - "Aim" anagram?
34 Girl's name
35 Calendar abbr.
37 Detested
40 Was successful in combat
41 Eastern daylight-saving time, abbr.
44 River in Hades
45 Extinct reptile
47 Concerning, in legal terms (2,2)
48 Spanish cry of encouragement or cheer
49 Serving plate
50 Tell-all bk.: Brit.
51 Tax deducted at source, in short
52 Designer's monogram

DOWN
1 Dancer Pavlova
2 Glance over
3 Form of pig meat
4 North-eastern state ____ Pradesh
5 Fish for a small boat
6 Officers Training School, acronym
7 Serving a sentence (5,4)
8 Depose, remove or unseat
9 Tree - "acre" anagram?
10 Comparative ending?
13 Cry of the yachtsman!
15 Cereal grass
19 Electronic Industries Assoc.
20 Puzzled by difficulties
21 Jewels
22 Eng. Press. Ratio
23 Maiden-name
25 Soak in water
26 MGM rival
27 Mineral spring resort
32 Muslim festival
36 Popular card game
37 Horizontal Situation Indicator
38 ___ cost : free (2,2)
39 Metal or rubber band on a rim of a wheel
40 Feral or untamed
41 Heads of corn
42 Made up or composed of two parts
43 Attempt or essay
45 Morse signal
46 Pig-house



CRYPTOQUIP

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

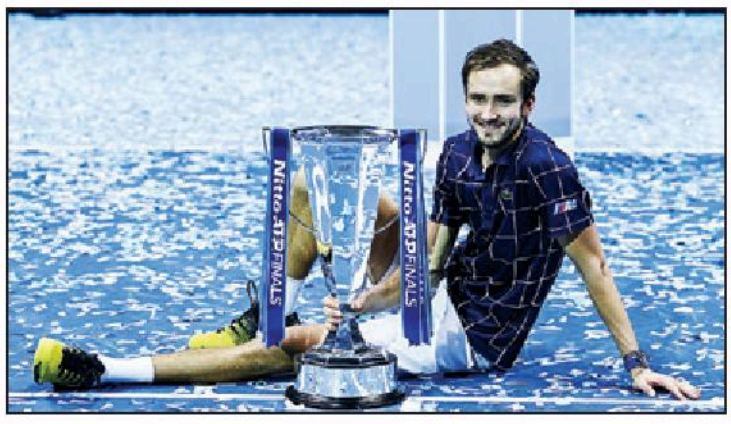
FZX EVM LZD HXEDIXC V EDBMFVKM WXNKMC

WS AVHHSKMN VLVS CEVRR CFDMXC.

TODAY'S CLUE: E EQUALS M

Yesterday's Cryptoquip: What others think of us would be of little moment did it not, when known, so deeply tinge what we think of ourselves.

Daniil Medvedev wins ATP Finals title



London, Nov. 23- Daniil Medvedev came from behind to beat US Open champion Dominic Thiem in a gripping encounter and win the biggest title of his career at the ATP Finals in London on Sunday.

The Russian fourth seed was second best for large periods at the empty O2 Arena but found a way back into the contest and prevailed 4-6, 7-6 (7/2), 6-4.

Medvedev, who beat five-time champion Novak Djokovic and world number two Rafael Nadal earlier in the week, is the first man to beat all three of the world's top-ranked players at the season finale.

The giant Russian, 24, has now won 10 consecutive matches following his title earlier this month at the Paris Masters and his victory will taste sweet a year after a winless debut in London.

But it is a painful defeat for Thiem, who also lost in the final of the elite eight-man event last year, to Stefanos Tsitsipas.

EVENTS TODAY (NOV. 23)

- **Office of the Development Commissioner (Handlooms), Government of India (GoI), Ministry of Textiles, GoI, the Cauvery Handlooms, Bengaluru and the Department of Handloom & Textile & Commerce, Government of Karnataka (GoK) and JSS Mahavidyapeetha:** 'Samskruti-2020,' a Special Handloom Expo, JSS Mysore Urban Haat premises, Hebbal, **up to 9 pm.** [City Bus No. 117 from KSRTC Bus Stand]
- **Hastashilpi:** 'Silk India-2020' expo, Nanjaraja Bahadur Choultry, Vinoba Road, **up to 8.30 pm.**

EVENTS TOMORROW (NOV. 24)

- **Office of the Development Commissioner (Handlooms), GoI, Ministry of Textiles, GoI, the Cauvery Handlooms, Bengaluru and the Department of Handloom & Textile & Commerce, GoK and JSS Mahavidyapeetha:** 'Samskruti-2020,' a Special Handloom Expo, JSS Mysore Urban Haat premises, Hebbal, **10 am to 9 pm.** [City Bus No. 117 from KSRTC Bus Stand]
- **Hastashilpi:** 'Silk India,' Nanjaraja Bahadur Choultry, **10.30 am to 8.30 pm.**

NOW SHOWING - MOVIES

DRC CINEMAS Ph: 4240422, 4241800

Kirik Party (K)	(S-1)	11.30 am, 4.00 pm
Dilwale Dulhania Le Jayenge (H)	(S-1)	7.40 pm
Shivarjuna (K)	(S-2)	1.15 pm
Trolls World Tour (E)	(S-2)	4.10 pm, 6.20, 8.30 pm
Act 1978 (K)	(S-3)	11.10 am
	(S-4)	1.15 pm, 4.15 pm
		7.00 pm, 9.45 pm
Suraj Pe Mangal Bhari (H)	(S-3)	1.55 pm
The Broken Hearts Gallery (E)	(S-3)	4.50 pm, 7.15, 9.40 pm

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Suraj Pe Mangal Bhari (H)	(S-1)	11.25 am, 2.45 pm
		6.20 pm, 9.55 pm
Trolls World Tour (E)	(S-3)	10.40 am, 1.40 pm
		4.10 pm, 6.40 pm
Act 1978 (K)	(S-2)	11 am, 5.30 pm, 8.55 pm
The Broken Hearts Gallery (E)	(S-2)	2.25 pm
	(S-3)	9.15 pm

NOTE: Movie timings published here are subject to sudden change by the theatre managements. The films are also liable to be changed in multiplexes if there are no minimum audience of 15 to the film announced here. **The other multiplexes and single screen theatres are yet to open.**

Hero Indian Super League 2020-21

Bengaluru squander two-goal lead and share the spoils with Goa

Edu Bedia makes an important slide to dispossess youngster Suresh Wangjam.

Margao, Nov. 23- FC Goa and Bengaluru FC were involved in a hard-fought and entertaining 2-2 draw at the Fatorda Stadium on Sunday.

Goals from Cleiton Silva and Juanan in the first and second half respectively had put Bengaluru ahead on the night. However, two quick goals from Igor Angulo on his debut for Goa meant that the sides had to share the spoils in what was the first draw of Hero Indian Super League (ISL) 2020-21.

Bengaluru had the first effort of the game when Sunil Chhetri dragged an effort from distance wide of the target two minutes into the contest.

Ashique Kuruniyan was the next Bengaluru player to try his luck from range and the 23-year-old did well to force the goalkeeper into a save after he had made a surging run from near the halfway line.

Goa were seeing more of the ball as the game progressed, but it was Bengaluru that were territorially superior and kept probing the Gaurs' defence more frequently. They were rewarded for their persistence in the 27th minute when a simple long throw into Goa's box by Harmanjot Khabra evaded everyone before an onrushing Sliva met the ball with his head to give the Blues a 1-0 lead.

The remainder of the half witnessed a similar pattern of play with Goa dominating possession. Bengaluru, though, yet again had the biggest chance before the break when Silva set up Chhetri with a brilliant backheel in the box only for the Bengaluru skipper to scuff his shot.

Angulo did get Goa's first shot on target in first-half injury time when he directed a cross from the right goalwards. However, Bengaluru's goalkeeper Gurpreet Singh Sandhu was positioned well to make a comfortable save and ensured his side were ahead at the break.

The Gaurs began the second half in search of an equaliser and were playing on the front foot. Bengaluru, though, were proving to be clinical and doubled their lead by scoring their second three minutes before the hour mark.

Second half substitute Deshorn Brown was involved in the build-up for Bengaluru's second goal and it was his header off a cross from the left that found its way to Erik Paartalu, who cushioned his own header towards Juanan for the Spaniard to finish with conviction and make it 2-0 for the Blues.

Goa responded by halving the deficit in the 66th minute after substitute Alberto Noguera produced a line-breaking pass and found Angulo with space and time for the Spanish frontman to finish in assured fashion.

Angulo then restored parity by scoring his and Goa's second goal of the night just three minutes later when he was in the right place inside Bengaluru's six-yard box to nudge in substitute Alexander Jesuraj's cross from the right.

Both sides continued to look for a winner and Goa, undoubtedly, finished the game as the stronger of the two sides. Jorge Mendoza even forced Gurpreet into making a save for Bengaluru in injury time but in the end neither team managed to find a winner as the sides shared the spoils.

AWARDS

Hero of the Match: Igor Angulo; **Club Award:** Bengaluru FC and FC Goa; **DHL Winning Pass of the Match:** Alexander Jesuraj.

Hero INDIAN SUPER LEAGUE IMG RELIANCE STAR

Today's Match (Nov. 23)

ODISHA
Vs
HYDERABAD
GMC Stadium, Gachibowli, Telangana, **7.30 pm**

Tomorrow's Match (Nov. 24)

JAMSHEDPUR
Vs
CHENNAIYIN FC
Tilak Maidan, Vasco, Goa, **7.30 pm**

Yesterday's Result

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Printed by T.S. Gopinath and published by M. Govinde Gowda on behalf of Academy Newspapers Private Limited at Academy Newspapers Private Limited, 15-C, Industrial 'A' Layout, Bannimantap, Mysuru-570 015. Editor: M. Govinde Gowda. Phone: 2496520/2496521/2496523/ 2496526/2496527/2496528 Fax: 0821-2496525, 2496530. City offices: Visveshwaraya Building, III Floor, K.R. CIRCLE, Mysuru-570 001, Ph: 2431774 and No. 114, D.Devaraj Urs Road, Mysuru-570 001, Ph: 2428695, E-mail address: voice@starofmysore.com, For Advertisements: ad@starofmysore.com, RNI Reg. No. 29894/78.